

PARK GUIDED WEEKLY PROGRAMS

FEBRUARY 2016

Virgin Islands National Park
National Park Service
Department of the Interior



Be sure to visit Virgin Islands National Park Facebook page for updates & changes!

<u>Mondays, Tuesdays, & Thursdays</u> 9:30 am to 3:00 pm <u>Fridays 9:30 am to 3:00 pm</u>	<i>Reef Bay Hike</i> <i>L'Esperance Adventure</i>	Reef Bay Hike -This is the Park's most popular guided program. The trail travels down a verdant valley to the sea. Along the way you will experience the sights, sounds, tastes & smells of history while you learn about the different peoples to inhabit the area. The Petroglyph pool offers a unique view of history. L'Esperance Adventure - trail starts just west of the center of the island and follows the valley past Bay Rum forests and colonial era ruins . A large portion of the trail is exposed, allowing dramatic views. These are backcountry hikes and participants should be responsibly equipped with appropriate clothing, shoes, food & water for a 5+ hour excursion. Hikers must be able to walk back to the trailhead if rough seas prevent boat pick-up. These programs require reservations! Reservations can only be made at www.friendsvinp.org/hike . Transportation & booking fees total \$40. Leaves from Cruz Bay Visitor Center
<u>Mon. through Fri. ongoing 10:00 am to 2:00 pm</u>	<i>Annaberg Culture Demonstrations</i>	Local, traditional subsistence lifestyle skills are brought to life by St. John natives; Olivia, the baker, & Charles, the gardener. Learn about the challenges of daily life and cultivation in this unique tropical environment. Hear about the uses of local plants and objects for housework, healing and eating. Volunteer docents will be on site. At Annaberg Sugar Mill, Leinster Bay
<u>Tuesdays</u> 10:00 am to 11:30 am	<i>Waters Edge Walk</i>	Explore the area between the sea and the shore. A Ranger will introduce you to the hidden life in a seagrass and mangrove environment. This is a wonderful program for the whole family. Watershoes make participation easier. Meet at Leinster Bay Trailhead.
<u>Wednesdays</u> 7:30 pm to 8:30 pm	<i>Sky Watch</i>	Take an opportunity to view the southern hemisphere from the Salt Pond Bay area. You'll have a sky tour, slide show and time at a telescope to experience the sky scape of the park. Meet at Concordia Resort Salt Pond Bay.
<u>Fridays</u> 7:30 am to 9:00 am	<i>Bird Watching</i>	Discover the fascinating bird life of the Virgin Islands, from dry forests to sea-shore. This is an opportunity to add some species to your "life list." Bring binoculars & field guides if possible, the park provides limited equipment to share. Meet at Francis Bay Trailhead.
<u>Sundays</u> 1:30 pm to 4:00 pm	<i>Snorkel Safari</i>	Accompany a CORE certified lionfish wrangler who will dispatch lionfish found on the reef at Salomon Bay. Come along to help locate this venomous exotic invader and learn more about the wildlife underwater. You will be hiking & snorkeling, please bring appropriate footwear & your snorkeling equipment. Meet at Lind Point Trailhead in Cruz Bay.
<u>THURSDAY & FRIDAY</u> <u>FEB. 25TH & 26TH</u> 10:00 am to 3:00 pm 25th Anniversary!	<i>Folk Life Festival</i>	Silver Celebration of Tradition, Singing, Dancing, Crafts & Cooking illuminate the arts & skills of Virgin Islanders. Folk ways of living on the land and the protection of culture meet at this Annual Program spotlighting the heritage of the area and the Park.

Programs at Cinnamon Bay Campground

<u>Tuesdays 7:30 pm to 8:30 pm</u>	<i>Cinnamon Bay Evening Show</i>	REEF LIFE illuminated program. Join in for a entertaining & educational look at the world underwater. Jeff Miller brings his popular program to the Dining Room at Cinnamon Bay.
<u>Wed. & Thu. 10:00 am to 2:00 pm</u>	<i>Cinnamon Bay Archeology Lab</i>	Visit the Archeology museum on the beach at Cinnamon Bay. Interns will be available while working the on-going studies on the wealth of history beneath our feet. Volunteers will offer a guided walk on the Loop Trail at 11:30 a.m.
<u>Friday Evenings 6:30 pm to 7:30 pm</u> NO program Feb. 19th. substitute show 2/18!	<i>Cultural Evening & Drumming</i>	Eddie Bruce and Company will demonstrate the art of drumming brought from Africa to the new world and speak to the uses and culture of drumming in the Virgin Islands. All are encouraged to learn & play. Dining Room at Cinnamon Bay. NO program Feb. 19th. substitute show 2/18!

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MARCH 2016

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<p>Saturday, March 5th 9:00 am to 11:00 am ONE DAY ONLY!</p>	<p><i>Yoga in the Park</i></p>	<p>NEW YEAR! The perfect time to appreciate the rejuvenating effects of nature while hiking to Salomon Beach. At trails' end a certified Yoga instructor will conduct a session on the beach where the natural environment enhances this experience.</p>
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